

Facebook Postings June - July 2024

A - Skating and Individual Skills

A - Defensive Skating Progression – Wally Kozak

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6978&topic=7923#7923>

A2 - Start from One End - No Puck

A2 - BU D Monday's

<https://www.youtube.com/watch?v=tvU0Z5uCT0c>

A2 Forward Stride Mechanics Taught by Dr. Gaston Schaeffer

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1812#1812>

<https://youtu.be/m0QNMLTyess>

A2 - Defensive Backward Skating- RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1837#1837>

<https://youtu.be/KrkgO0wSvnw>

A2 - Crossover Basics - 5 Circles - Jasper - Gaston

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5919#5919>

<https://youtu.be/MjFqt2euYyk>

A2 – Edges and Balance Warm-up – Jasper Camp

<https://youtu.be/rl9cxVAwNoo>

A300 - Skating and Skill Circuit U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5936#5936>

https://youtu.be/LNrhejd_-jQ

B2 - Players are at Blue Line

B2 - Shooting Defense Rotate High - RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5948#5948>

https://youtu.be/jTU6H_ulc4A

B2-C6 - Point Shot - 2-1 x 2 - U15

G <https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8901#8901>

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<https://youtu.be/UM0w-QHng7I>

B4 - Players Leave from Middle Circle

B4 - Regroup 2-0 x 2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5903#5903>

<https://youtu.be/KRqsCQ44Gow>

B4-B600 - D Quick up x 2 – Pass to Coach - Shot - U15 G

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8902#8902>

<https://youtu.be/uKuZOC1U4gM>

B6 - Start from Corners

B6 - Passing 2-0 and 3-0 Wide. Middle. Wide Lanes - U15

G <https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8896#8896>

https://youtu.be/KLEyOi_aJRI

B6 - 2-0 x 2 - Skate Inside Dots-Cross Behind - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8881#8881>

<https://youtu.be/C7kM7hYTzAE>

B6 - 2-0 x 2 - Pass Wide-Pick D-Take Puck to Middle - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8884#8884>

<https://youtu.be/qBhu-bhTfM0>

B6 - 2-0 - 3-0 Carolina Pass to Middle - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8886#8886>

<https://youtu.be/H-wfCYh3aOA>

B6 - Five Shots x 2 – College

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8217#8217>

<https://youtu.be/QC7hvuGCowl>

B202 - Lines Face Each Other Across Neutral Zone

B202 - 2-2 - 3-3 Keepaway-Jokers Front to Line - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8892#8892>

<https://youtu.be/36gd89nHUgM>

B202 - D1 Angle C - F1-D2-F2-F1-Sh - F2-D2-Sh - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8889#8889>

<https://youtu.be/EDfVoZdRiVY>

B202 - Pass-Pass-Middle Lane Entry-Read D - C U18 G

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8895#8895>
<https://youtu.be/Hv8li9WCX1I>

B202 - Chaos Passing - Kazakhstan W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5945#5945>
<https://youtu.be/2SBg4n4xXuI>

B300 - Inside the Circles

B300 - Around the Clock One Touch Passing - College W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4631#4631>
<https://youtu.be/hW741n4yGLQ>

B300 - Three Player Around the Clock - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=4692#4692>
<https://youtu.be/CR8aFnZCsls>

B600 - Start from Four Blue Lines

B600 - Tomas 2-2 NZ RG-Forecheck - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>
<https://youtu.be/CxFA8EQIYeQ>

B600 - Pass and Replace x 2 - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php...>
<https://youtu.be/nw3pThSaeb4>

C1 - Players in Middle Circle - C600 at Four Blue Lines

C1-C600 - 1 on 1 - U16 Boys

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5943#5943>
https://youtu.be/h4ARUc_87lo

C600 - Neutral Zone Regroup - Attack 3-2 - U15

G <https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8900#8900>
0 <https://youtu.be/IGyeY2vnjD8>

C500 - Spread Out Around the Ice

C500 1-1 - Race for Puck - Protection Battles - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8873#8873>
<https://youtu.be/afOK9OhrMDI>

D200 - Cross Ice Game

D200 - Keepaway U22 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5913#5913>

https://youtu.be/jrwWio_apCo

D200 - 3-3 Game - Change on Their Own –

Pro <https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8897#8897>

<https://youtu.be/GjewG4FLaa8>

D400 - One Zone Game - Extra Players

D400 Game - Random Numbers - U15 G

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8898#8898>

D400 Game - Random Numbers - U15 G

<https://youtu.be/p428EkGvWUc>

Emily Explains Random Situation Game to U15 Girls

<https://youtu.be/iCLR4H6bAqU>

D400 3-2 on 2 Nets x 2 U16 Boys

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5942#5942>

<https://youtu.be/m9XtcRo2-Q4>

DT100 - Full Ice Transition Game

DT100 - Continuous Game of 2 on 2 With Regroup - Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5912#5912>

<https://youtu.be/bttUI8sHzC8>

DT100 Continuous 2-2 With Tag-up – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5859#5859>

<https://youtu.be/JeN-pykX-1k>

DT400 - One Zone Transition Game

DT400 2-2 One Joker Below Hash – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5887#5887>

<https://youtu.be/RYP--60UGdY>

E1 - Contests Starting from Various Places

E1 - Stop & Start Scoring

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1515#1515>

F - Fitness Skating

F-A3 - Skating and Goalie Warmup-Slovakia - U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5920#5920>

<https://youtu.be/gueR23V301s>

T2 - Team Offensive Skills

T2 - B600 - 1 F - 1 D - Tomas RG-Forecheck - Shoot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8891#8891>

<https://youtu.be/3E8omdC5ldM>

T2-B5 - 1 D - 2 F - BO From Corner - Shot - Point Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8887#8887>

<https://youtu.be/ahA8G3aGKI>

T2-B4 - Continuous - Breakout 4 vs 1 Forechecker - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8885#8885>

T2 - C6-C600 - Regroup x 3 - 3-2 - U15

G <https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8903#8903>

<https://youtu.be/2wOe7VmVNfl>

Part One

T2 - B4 - Continuous - Breakout 4 vs 1 Forechecker - U18 M

https://youtu.be/wWB_xvZGFkE

Part Two

T2 - B4 - Continuous - Rotation Breakout 4 vs 1 Forechecker - U18 M

<https://youtu.be/WiL40vULINo>

T2 - B5 - F1 Get Puck Pass to F2 x 3 Shoot - Give and Go - F1 Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8882#8882>

<https://youtu.be/4YMUZNRUX4Q>

T2 - B5 - 3-1 Cycle-Pass-Rotate-Shoot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8878#8878>

<https://youtu.be/EI2ZBrrlGXU>

T2 - B4 - 4-0 Stretch-Chip In - Shot - Pt Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8874#8874>
<https://youtu.be/BfgiSGno1NE>

T3 - Individual Defensive Skills

T3 - B5 - Lateral Slide - Tail Tag - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8888#8888>
<https://youtu.be/c9nCIDbhsMk>

T3 - 1 on 2 - Pass to Coach - Shot - 2-1 - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8876#8876>
<https://youtu.be/3iMOrNQ6G8w>

T3 - Side-slide-slide – C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8880#8880>
<https://youtu.be/oxmOTwIQlcl>

T2-4 - Team Offense vs. Team Defense

T2-4 - Forecheck Rotation-Back Pressure-5-0 Pass Across-Shot - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8875#8875>
https://youtu.be/vEh_pk8tP38

T2-4 - D1-D2 Race to F1-F2 - F3 Shoot - 3-2 - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8883#8883>
<https://youtu.be/gAP33beHEsU>

T2-4 - 2-2 - Join 3-3 - 5-5 - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8879#8879>
<https://youtu.be/QtdOvKPyfS8>

T4 - Team Defensive Skills

T4 – 2-3 Forecheck Review

<https://www.youtube.com/watch?v=LzD9THRBIqA>

T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8013#8013>
<https://youtu.be/gREv1mFhTqU>

T4 - Defensive Zone Coverage and Shrinking Zone - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8877#8877>

<https://youtu.be/zaCY0DmiZ9c>

'The Game is the Greatest Coach'

'Enjoy the Game'